

## MEDICAL PROPERTIES OF FRUITS AND IMPORTANCE IN HUMAN LIFE

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**Annotation:** In this article, information about some fruits and their healing properties is highlighted. By using this information in chemistry lessons, the teacher can ensure interdisciplinarity, increase students' interest in science, creative activity, and pay attention to their health.

**Key words:** biogenic elements, fruits, vitamins, minerals, apples, plums, figs and their healing properties.

A living organism consists mainly of 78 elements, including 90% of the human organism is made up of biogenic elements. Biogenic elements are necessary for the normal vital activity of a living organism, participate in metabolism and perform certain functions in various organs of the organism. That is why it is necessary for future teachers of chemistry to know the properties of vital and physiologically active biogenic elements, their amount in the body, their function and their biological significance.

Most of the biogenic elements are found in fruits, vegetables and legumes. Therefore, it is important for future chemistry teachers to study the biogenic elements found in fruits and vegetables, their importance and physiological effects in the human body. We want to talk about fruits rich in biogenic elements and vitamins - apples, plums, figs and their healing properties.

In folk medicine, diseases such as chronic constipation, hoarseness, anemia, and inflammation of the gastrointestinal tract are treated with the help of apples. Fragrant, sweet and sour apples strengthen the heart. Apple strengthens a weak stomach. Apples baked in dough are useful for lack of appetite. Apple starch strengthens the stomach and stops vomiting. Apples cooked in the dough are useful for worms and dysentery.

Apple is one of our favorite fruits. It should not be surprising, because it is not only a sweet fruit with an amazing taste, but also a blessing with healing properties. Abu Ali ibn Sina, the great exponent of Eastern medicine, also recommended eating one apple before going to bed every day. Apple is a place of various vitamins, trace elements and other useful substances. It contains vitamins C, B1, B2, P, E, carotene, potassium, iron, manganese, calcium, pectins, sugar, organic acids.

Due to the pectin and related fibers contained in apples, it reduces blood cholesterol levels. One unpeeled apple contains 3.5 grams of fiber, which is more than 10% of the daily requirement of fiber. The amount of fiber in peeled apples is 2.7 g.

The insoluble molecules of fiber bind to cholesterol and help them to be removed from the body, thereby reducing the risk of clogged arteries and heart attacks. Apples also contain soluble fibers known as pectins, which bind excess cholesterol produced in the liver and help flush it out of the body.

Apple peel contains a large amount of quercetin antioxidant, which together with vitamin C prevents the harmful effects of free radicals on the body. Pectin is also the substance that gives apples their main protective power. It binds and removes from the body harmful substances such as lead and lead. The insoluble fiber in apples prevents constipation and thus prevents the development of colon cancer.

Researchers have found that eating 2 apples a day can reduce the amount of cholesterol in the body by 16%. Eating the same amount of apples with a small or medium-sized onion and 4 cups of green tea reduces the risk of heart attack by 32%.

Traditionally, apples are considered a natural remedy for indigestion. It regulates food digestion. There are reasons for this: apples contain malic acid and tartaric acid, which aid in digestion.

Apple seeds are very rich in iodine. It is said that if 5-6 apple seeds are consumed per day, one day's need for iodine will be fully satisfied.

Apple is used in avitaminosis, when the amount of vitamin C is reduced, in anemia. Sour apple iron extract is obtained from the juice of sour apples, and it is used in anemia. In addition, apples prevent the formation of uric acid, help with throbbing pain in the hands and feet, and chronic kidney diseases. Drinking apple decoctions and tinctures is very useful. It is enough to cut an apple and drink it in tea.

Phytoncides in apples are active against the causative agents of dysentery, staphylococcus aureus, and influenza A viruses. The antimicrobial activity of phytoncides increases towards the middle of the fruit. It is also recommended to eat apples in the post-infarction period.

Apple juice strengthens the cardiovascular system and is very useful for people engaged in mental work. There are many blood-forming elements in the juice. Freshly prepared apple juice has choleric and diuretic properties. It is recommended to drink it in cases of hepatocholecystitis, kidney stones, gastrointestinal diseases, atherosclerosis, metabolic disorders (obesity, arthritis, throbbing pain in the arms and legs).

In addition, apples strengthen the immune system and help maintain blood sugar levels. It is best to eat apples in their wet form, but even after some heat treatment, they retain most of their nutrients. Try not to peel the apple, because, as we mentioned above, it contains a lot of pectin and fiber. Apples reduce the risk of stroke. This feature is related to its phenolic acids. They belong to the group of antioxidants. These acids prevent the formation of blood clots in the veins. In a word, apple juice is an excellent tool for strengthening health.

**Plum.** The colors of this fruit are purple, yellow and green. 100 g of ripe plum contains 87.0 g of water, 0.8 g of protein, 9.9 g of carbohydrates, 65 g of dietary fiber, 1.3 g of organic acids; 214 mg of potassium, 18 mg of sodium, 28 mg of calcium, 17 mg of magnesium, phosphorus, 27 mg, 0.09 mg of copper, 1.1 mg of manganese, 1.0 mg of zinc, 0.04 mg of chromium and iodine, 0.02 mg of fluoride, 04 of vitamins B1 and B2, vitamin E 0.60 mg, 10 mg vitamin C, 0.08 mg vitamin B6, 0.06 mg provitamin A 0.10 mg, vitamin E 0.063 mg. Plums are mainly rich in vitamin P and substance P-vitamins, which help lower blood pressure and strengthen blood vessels. Plum contains all vitamins, minerals and substances necessary for the body.

**Fig.** Useful and healing properties of figs allow it to be widely used in folk medicine. Chemical composition of fresh fig fruit (in percent): water - 83, sugars - 11.6 (mainly glucose and fructose, sucrose in very small amounts), proteins - 0.7, connective tissue - 2.5, pectin substances - 5.4, organic acids - 0.5 (citric, malic and acetic acids), vitamins A, C, B<sub>1</sub>, B<sub>2</sub>. It contains many trace elements: sodium (18 mg), potassium (190 mg), iron (3.2 mg%) and others.

A decoction of figs in water or milk is used for colds and inflammatory processes in the respiratory tract. In case of angina and inflammation of the gums, the mouth is rinsed using this decoction. Fig fruits improve stomach and kidney condition and serve as a diuretic. Figs are very useful in diseases of the heart and blood vessels, as they are rich in potassium. Potassium takes the tension out of blood vessels, relaxes them, and expands them. Figs also play an important role in preventing hypertension and are useful in venous insufficiency. Phycin enzyme contained in figs reduces blood clotting and helps to dissolve blood clots. Figs have mild laxative properties. It regulates a strong heartbeat and is a good blood generator. Figs are very useful in anemia, blackberry and liver diseases

Taking the milky juice of figs washes away the sand from the kidneys, it is recommended for tumors and purulent wounds that are difficult to disappear. Freshly cut figs prevent anemia. A remedy made from fig leaves and roots heals cystitis and urinary tract diseases.

Dried and crushed figs are like a concentrate. Not only is it rich in carbohydrates, some varieties contain 6 g of protein, 1.5 g of fat (in the form of fatty acids) and 70 g of sugar. In this form, it is primarily a product with a high level of nutrition. The energy value of figs is 340 kcal per 100 g of product. Since ancient times, dried figs have been used as a diaphoretic and antipyretic for colds.

But figs are not recommended for diabetes and acute inflammation of the gastrointestinal tract, as they contain a large amount of sugars and oxalic acid. In general, figs do not cause any complications, and this sweet medicine can be taken for a long time, for example, with a persistent cough (with warm milk) or anemia.

Ripe figs are very delicate and cannot be stored for more than six hours. Therefore, freshly picked figs are consumed only in the growing regions, and figs are dried and crushed for transportation to industrial centers. Fully ripe fruits are selected for drying. The best quality of dried figs are those that are plucked from the tree.

Therefore, it is very important that fruits are rich in various vitamins and minerals and are useful for their healing properties. It is very important for every student to become familiar with the healing properties of fruits and their importance for their body.

Therefore, do not miss the sweet taste and medicinal properties of apples, plums, and figs, which ripen from summer to late autumn and are served on our table. Take care of yourself and take care of your health.

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